



Community
Death Care
Project

FEB & MAR 2025 PROGRAM GUIDE

生命
终点
资源

2025年2月及3月 活动指南时间表



THIS PROJECT IS A COLLABORATION
OF THE FOLLOWING ORGANIZATIONS

INTRODUCTION. 简介

FEBRUARY 2025

Started in 2022, the Community Death Care Project is site-specific, aimed at supporting the vulnerable communities who are connected to Vancouver's Downtown Eastside (DTES) and Chinatown areas. The programs in this guide aim to offer compassionate support and practical resources for navigating grief, loss, and the end-of-life journey. Our goal is to empower you with the knowledge and tools needed to make informed decisions, honour loved ones, and find solace in a supportive community. Together, let's approach grief and death with dignity, respect, and a deep sense of care.

These programs will be delivered at the Carnegie Community Centre, 401 Main St, Vancouver, unless stated otherwise. Registration is required for one-off workshop or activity on a first-come-first-serve basis, DTES residents and those connected to the DTES will be prioritised. Drop-ins are welcome for recurring programs.

We will publish the program guide every two months. So please keep a look out for the Apr-May 2025 program guide.

生命终点资源于2022年在卡拿基社区中心开始。我们提供温哥华市东区和唐人街的居民或常在这个区活动的人士一系列与死亡相关的节目、讲座及工作坊。目的是想把人们常避忌的话题“死亡”正常化。通过不同的节目，我们也希望大家可以吸取所需的知识以便在人生终结的旅程上能做出明智及适合自己的决策。一次性的活动需提前报名，请留意节目表里的报名方式。报名次序先到先得，在这个区居住或活动的人士将有优先权。温馨提醒：节目表里的节目若无中文翻译就表示它将以英语进行。

Understanding MAiD (*Medical Assistance in Dying*) *From Medical Procedures to Personal Stories*

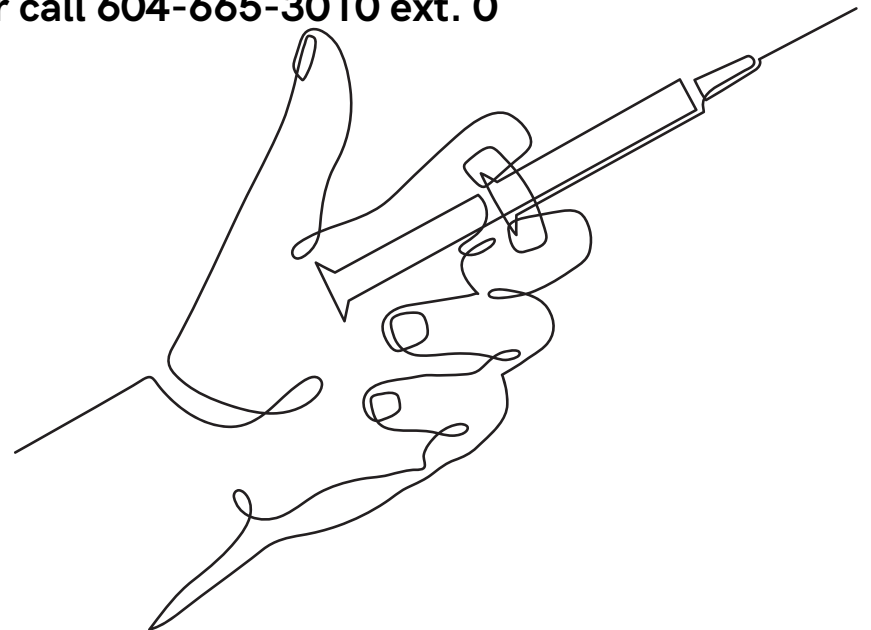
20 FEB, THURSDAY

1:30 pm - 4:00 pm

Theatre @ Carnegie CC Main Floor

This panel brings together professionals and personal voices to shed light on the realities of Medical Assistance in Dying (MAiD). With experts in palliative care, social work, research, and first-hand volunteer and family experience, the conversation aims to clear misconceptions and provide factual, unbiased information about the process, its regulations, and emotional and psychological implications for everyone involved.

**Register in-person at the Carnegie Library
or call 604-665-3010 ext. 0**



FEBRUARY 2025

Death and Reflection Film Series

22 FEB, SATURDAY

Bimonthly on Every Fourth Saturday

Starting at 2:00 pm

Theatre @ Carnegie CC Main Floor

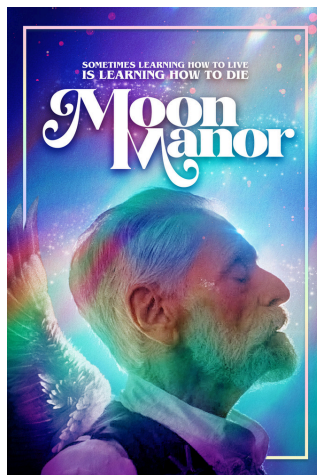
My Heart Attack

This animated short tells the true story of a "nice Jewish boy with Buddhist inclinations" who suffers a heart attack. At the crossroads of documentary and animation, the film combines wry humour and philosophical musings to show that, sometimes, what feels like the end is really only just the beginning.



Moon Manor

With advancing Alzheimer's and a determination to do things his way, Jimmy decided to throw himself a fabulous FUNeral before his intentional death, showing his estranged brother, salt-of-the-earth caretaker, sharp-witted death doula, a novice obituary writer, a cosmic being, and the guests at his FUNeral — that sometimes the art of living just may be the art of dying.



MARCH 2025

姑息治疗讲座

国语讲座：3月6日 周四 下午2点至4点

粤语讲座：3月13日 周四 下午1点至3点

卡拿基社区中心一楼剧场

请来了解姑息治疗。一种旨在提高面临重大疾病患者生活质量的医疗护理。若身患疾病，要怎样才能得到这种护理？护理又包括了些什么？请来听听专业医疗人员的讲解。

需报名, 请联络林小姐 604-307-7920
或到卡拿基图书馆跟职员报名。

Palliative Care Workshop in Chinese

MANDARIN WORKSHOP

6 March, Thursday

2:00 pm - 4:00 pm

Theatre @ Carnegie CC Main Floor

CANTONESE WORKSHOP

13 March, Thursday

1:00 pm - 3:00 pm

Theatre @ Carnegie CC Main Floor

Register in-person at the Carnegie Library or
call 604-665-3010 ext. 0

RECURRING PROGRAMS

DROP-INS WELCOME!



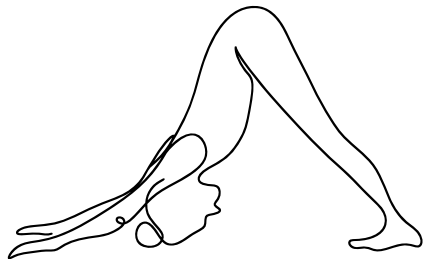
- **Compassionate Singalong**

1st & 3rd Mondays of the month

3 & 17 FEB, 3 & 17 MAR, MONDAY

2:00 pm - 4:00 pm

Classroom II @ Carnegie 3rd Floor



- **Gentle Restorative Evening**

2nd Thursday of the month

13 FEB & 13 MAR, THURSDAY

4:00 pm - 5:00 pm Restorative Yoga

5:30 pm - 6:30 pm Sound Bath

Theatre @ Carnegie CC Main Floor

RECURRING PROGRAMS

DROP-INS WELCOME!



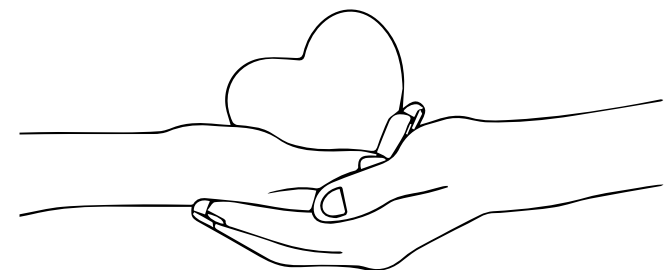
- **Strides of Support**

2nd Sunday of the month

9 FEB & 9 MAR, SUNDAY

10:30 am - 1:00 pm

Register @ Carnegie Library & gather @
3rd floor Gallery on the day of.



- **Community Grief Sharing**

Last Wednesday of the month

26 FEB & 26 MAR, WEDNESDAY

5:30 pm - 7:30 pm

Learning Centre @ Carnegie 3rd Floor

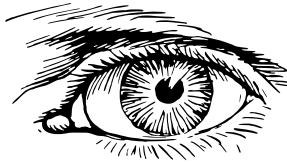
**Dinner @ 5:30 and door closes @ 6 pm during
the sharing session, kindly arrive before that.**

TOOLS

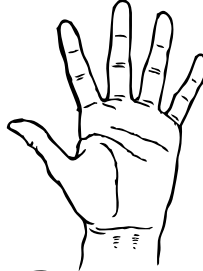
5 senses GROUNDING EXERCISES

Grief can sometimes overwhelm us
Here's a technique you can try

5 THINGS YOU CAN SEE



4 THINGS YOU CAN TOUCH



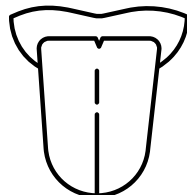
3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



RESOURCES . 支援

BC BEREAVEMENT HELPLINE

WWW.BCBH.CA



Grief Support Helpline: 604-738-9950 or
1-877-779-2223

HOPE FOR WELLNESS HELPLINE

WWW.HOPEFORWELLNESS.CA



1-855-242-3310

24/7 support for all Indigenous people across Canada

VANCOUVER HOSPICE

WWW.VANCOUVERHOSPICE.ORG/SERVICES/GRIEF-SUPPORT/



Grief support & hospice info: 604-737-7305

CRISIS CENTRE OF BC

WWW.CRISISCENTRE.BC.CA



24/7 Crisis Line: 310-6789

National Suicide Crisis Helpline: 998 (call or text)

ZERO BLOCK SOCIETY

Community Care & Grief Circle

382 Main St (the Listening Post)

Tuesdays

5 pm - 7 pm (Drop-in), 7 pm onwards - Grief Circle

SUCCESS HELPLINE | 中侨协助支持热线

Mandarin Line: 1(888) 721-0596 ext. 1

国语: 1(888)-721-0596 / 拨通按1

Cantonese Line: 1(888) 721-0596 ext. 2

粤语: 1(888)-721-0596 / 拨通按2

FEBRUARY 2025

二月

MARCH 2025

三月

SUN	MON	TUE	WED	THURS	FRI	SAT
						1
2	3 2:00 - 4:00 Compassionate Singalong	4	5	6	7	8
9 10:30 - 1:00 Strides of Support	10	11	12	13 4:00 - 5:00 Yoga 5:30 - 6:30 Sound Bath	14	15
16	17 2:00 - 4:00 Compassionate Singalong	18	19	20 1:30 - 4:00 Understanding MAID Panel	21	22 2:00 - 5:00 Death & Reflection Film Series
23	24	25	26 5:30 - 7:30 Community Grief Sharing	27	28	

SUN	MON	TUE	WED	THURS	FRI	SAT
						1
2	3 2:00 - 4:00 Compassionate Singalong	4	5	6 2:00 - 4:00 姑息治疗讲座 (国语)	7	8
9 10:30 - 1:00 Strides of Support	10	11	12	13 1:00 - 3:00 姑息治疗讲座 (粤语) 4 - 5 Yoga 5:30 - 6:30 Sound Bath	14	15
16	17 2:00 - 4:00 Compassionate Singalong	18	19	20	21	22
23/30	24/31	25	26 5:30 - 7:30 Community Grief Sharing	27	28	29